










# Virtual 50+ Community Center November Programs & Activities Calendar

[www.FrederickCountyMD.gov/Virtual50](http://www.FrederickCountyMD.gov/Virtual50)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>2</b> <b>9:30</b> Genealogy <b>12:30</b> Film Club: <i>Bringing Up Baby</i> <b>1:30</b> Line Dance \$ <b>2:30</b> Book Shelf Book Club: <i>Two Much and Never Enough</i> by Mary L. Trump <b>2:45</b> Floor Yoga \$	<b>3</b> 	<b>4</b> <b>9:00</b> Accessing Zoom <b>10:30</b> Kitchen Kapers: <i>Grain Bowl</i> <b>12:15</b> Zumba Gold \$ <b>12:30</b> Good News Only! <i>Gratitude Counts</i> <b>3:00</b> M&M \$ <b>4:30</b> SPARK! \$ <b>7:00</b> Yoga Nidra \$	<b>5</b> <b>9:00</b> Strength Training/Stretch \$ <b>10:30</b> Morning Flow Yoga \$ <b>10:30</b> Knit/Crochet <b>1:00</b> Line Dance \$ <b>2:30</b> Taking Care of Your Emotional Health	<b>6</b> <b>9:00</b> Zumba Gold \$	<b>7</b> <b>9:30</b> Medicare Part D: <i>Do It Yourself Seminar</i> <b>10:30</b> Yin Yang Yoga \$
<b>9</b> <b>9:30</b> Genealogy <b>12:30</b> Film Club: <i>The African Queen</i> <b>1:30</b> Line Dance \$ <b>2:45</b> Floor Yoga \$	<b>10</b> <b>9:00</b> Strength Training/Stretch \$ <b>10:30</b> Morning Flow Yoga \$ <b>11:00</b> TED Talk <b>1:30</b> Zumba Gold \$ <b>3:00</b> Drawing Class <b>7:00</b> Medicare Part D: <i>Do It Yourself Seminar</i>	<b>11</b> 	<b>12</b> <b>9:00</b> Strength Training/Stretch \$ <b>10:30</b> Morning Flow Yoga \$ <b>10:30</b> Knit/Crochet <b>1:00</b> Line Dance \$ <b>2:30</b> Good Stories Book Club: <i>Anne Tyler</i> <b>3:00</b> Ukulele Jam Session	<b>13</b> <b>9:00</b> Zumba Gold \$ <b>11:00</b> Craft & Conversation: Gratitude Jars <b>1:00</b> Maryland Legal Aid: <i>Essential Documents: Part 1</i>	<b>14</b> <b>10:30</b> Yin Yang Yoga \$
<b>16</b> <b>9:30</b> Genealogy <b>12:30</b> Film Club: <i>Guess Who's Coming to Dinner</i> <b>1:30</b> Line Dance \$ <b>2:45</b> Floor Yoga \$	<b>17</b> <b>9:00</b> Strength Training/Stretch \$ <b>10:30</b> Morning Flow Yoga \$ <b>11:00</b> TED Talk <b>1:30</b> Zumba Gold \$ <b>3:00</b> Drawing Class <b>5:30</b> Coping with the Holidays	<b>18</b> <b>9:00</b> Accessing Zoom <b>10:30</b> Craft & Conversation: Button Tree <b>12:15</b> Zumba Gold \$ <b>3:00</b> M&M \$ <b>4:30</b> SPARK! \$ <b>7:00</b> Yoga Nidra \$	<b>19</b> <b>9:00</b> Strength Training/Stretch \$ <b>10:30</b> Morning Flow Yoga \$ <b>10:30</b> Knit/Crochet <b>12:30</b> Medicare Part D: <i>Do It Yourself Seminar</i> <b>1:00</b> Line Dance \$ <b>2:30</b> MAP: <i>Serving Together</i>	<b>20</b> <b>9:00</b> Zumba Gold \$	<b>21</b> <b>10:30</b> Yin Yang Yoga \$
<b>23</b> <b>9:30</b> Genealogy <b>12:30</b> Film Club: <i>Lion in Winter</i> <b>1:30</b> Line Dance \$ <b>2:00</b> Medicare Part D: <i>Do It Yourself Seminar</i> <b>2:45</b> Floor Yoga \$	<b>24</b> <b>9:00</b> Strength Training/Stretch \$ <b>10:30</b> Morning Flow Yoga \$ <b>11:00</b> TED Talk <b>1:30</b> Zumba Gold \$ <b>3:00</b> Drawing Class <b>7:00</b> Fun and Games	<b>25</b> <b>9:00</b> Accessing Zoom <b>12:15</b> Zumba Gold \$ <b>3:00</b> M&M \$ <b>4:30</b> SPARK! \$ <b>7:00</b> Yoga Nidra \$	<b>26</b> 	<b>27</b>	<b>28</b> <b>10:30</b> Yin Yang Yoga \$
<b>30</b> <b>9:30</b> Genealogy <b>12:30</b> Film Club: <i>On Golden Pond</i> <b>1:30</b> Line Dance \$ <b>2:45</b> Floor Yoga \$	<div>  <b>Staying Healthy</b>   <b>Being Creative</b>   <b>Accessing Zoom</b> </div> <div>  <b>Connecting with Others</b>   <b>Expanding Your Horizons</b>   <b>Staying Fit: Exercise \$ (Registration Fee)</b> </div>				

## The programs on this page are “free” programs.

These are ongoing weekly or monthly programs.  
If you register for one of these programs, you are on that roster for the quarter, Oct-Dec. If you can't attend, you may ignore the email invite.

### Connecting with Others

**Film Club:** Do you like movies? Watch the film & join the discussion.

**The Book Shelf Book Club:** Read the book & join the discussion

**Good Stories Book Club:** Read a book on an assigned topic/author & share

**Fun & Games:** Join us for some lively games.

### Coffee & Conversation

*Genealogy:* Share basic research strategies & resources

*Good News Only!* Incorporate positivity into your daily life

*Knit/Crochet:* Socialize while working on your projects.

*TED Talk:* Watch a short video and discuss

### Being Creative

**Drawing Class:** Led by high school students, Amanda and Gigi

**Ukulele Jam Session:** Led by high school student, Amanda

**Craft & Conversation:** Enjoy making a new craft each month.

**Kitchen Kapers:** Live from their personal kitchens, staff members share some favorite recipes. *This month's presenter: Caitlyn*

### Registration information for these FREE Programs

(see next page regarding fitness classes)

**This is the start of a new quarter. Everyone must register!**

#### How to Register for “Free Programs”

- Registration must be received at least two business days before program
- Please send an email to [VirtualSeniorCenter@FrederickCountyMD.gov](mailto:VirtualSeniorCenter@FrederickCountyMD.gov)
- Be sure to include: Your Name, Email Address, Phone Number, Names & Dates of the Program(s) You Want to Take

**Confirmation:** Once we receive your request, we will email you more details about the programs including how to access them.

**Accessing Zoom:** Our virtual classes are offered via Zoom.  
Register for an “Accessing Zoom” class if you need help.

### Staying Healthy

#### Taking Care of Your Emotional Health

A discussion on strategies and activities you can do to help take care of your emotional health. *Led by Fred A. Balius, Jr., LCSW-C, BCD*

#### Coping with the Holidays

All are welcome to join! Learn how to cope with the holidays while grieving. We will look at practical ways to deal with your feelings, ways to honor your loved one and care for yourself in the midst of what can be a complicated mix of emotions.

*Presenter: Melissa Dolan, LCSW-C Bereavement Counselor, Carroll Hospice*

### Expanding Your Horizons

#### Maryland Legal Aid: Essential Documents Part 1

Essential Documents, Part 1 will cover information about wills, advance directives, medical and fiscal Power of Attorney (POA), and considerations for naming POAs.

Part 2 will be December 11. Maryland Legal Aid provides a full range of free civil legal services to financially eligible individuals. *Presented by Maryland Legal Aid*

#### Medicare Part D: Open Enrollment

Do you have questions about your Medicare Part D plan? Is your current plan the best for you? Do you need to find a new Medicare Part D Plan? Join us for a virtual do it yourself seminar. *Presenters: Ian Zile & Elly Williams*

#### Maryland Access Point (MAP): ServingTogether

ServingTogether works in collaboration with public and non-profit partners to streamline efforts connecting veterans, active duty, guard, reserve, caregivers, and military spouses with a coordinated network of care for all of life's needs. From employment to benefits navigation, education to mental health and wellbeing supports, our strategic partnerships are vital to serving our extraordinary military-connected community and their families, before, during, and after service. ServingTogether uses technology and its partner network to guide veterans, service members and their families to the most appropriate services and resources available. *Presenter: Melissa Barber, Program Manager, Western Maryland*

#### If you would like to make a donation:

- Visit our eStore: <http://frederickcountymd-gov.3dcartstores.com>
- Choose Donation Opportunities and then Choose Virtual Community Center
- In the drop down under “Voluntary Contribution” choose how much you want to donate

Staying Fit: Exercise Classes (Fall Quarter, Oct-Dec)

To participate in these classes you must buy a subscription:  
either a Fitness Pass Subscription or a Single Fitness Class Subscription

Fees for Fitness Classes

Fees are not prorated for late starts/absences.

Option 1: Fitness Pass Subscription - \$60 per pass per participant

This all-access Fitness Pass allows you to participate in any and all virtual fitness classes during the fall quarter. Each day you will receive an email with the Zoom link for the fitness classes offered that day. Simply click on the link at the start of the class/classes you want to take that day. You can ignore the Zoom link if you don’t want to participate that day.

Option 2: Single Fitness Class Subscription - \$30 per class per participant

The Single Class Subscription allows you to participate in just the class you register for @ \$30.00 for the quarter. For example, if you only want to take strength training on Tuesdays, you pay \$30 for the Tuesday strength training class. You will NOT be enrolled in the Thursday strength training class or be able to participate into any other fitness classes. On the day of the class, you will receive an email with the Zoom link for that particular class.

Scholarship Information

Scholarships for fitness classes are available.  
For more information visit [www.FrederickCountyMD.gov/Virtual50](http://www.FrederickCountyMD.gov/Virtual50) or email [SeniorServices@FrederickCountyMD.gov](mailto:SeniorServices@FrederickCountyMD.gov)

Accessing Fitness Programs

**Confirmation:** Once we receive your registration, we will email you more details about the programs including how to access them.

**Accessing Zoom:** Our live virtual classes are offered via Zoom. Register for an “Accessing Zoom” class if you need help.

How to Register for Fitness Programs

Registration must be received at least two business days before program.

- 1. **Online: using a Credit/Debit Card for payment**  
Register via our eStore: <http://frederickcountymd-gov.3dcartstores.com>
- 2. **By Mail or Drop-Off: using a Check for payment**
  - a. Make check payable to “Frederick County Treasurer”
  - b. Registration information must include:  
Your Name, Mailing Address, Email Address, Phone Number  
*Indicate:* 1. Fitness Pass Subscription (\$60 per person) or  
2. Single Class Subscription (\$30 per class) *and*  
the Name & Day of the Class
  - c. **Mail** Check & Registration Form to:  
Frederick County Senior Services Division  
Attn: Virtual 50+Center  
1440 Taney Avenue  
Frederick, MD 21702
  - d. **Drop-off** the addressed envelope containing the Check & Registration Form in the lock box at the address above (box is located to the left of the handicapped entrance door)

Registration Form for Mail-in or Drop-Off

Checks Payable to “Frederick County Treasurer”

Name \_\_\_\_\_ Phone \_\_\_\_\_

E-mail Address \_\_\_\_\_

Mailing Address \_\_\_\_\_

Option 1		Option 2: Single Fitness Class		
Fitness Pass	\$60.00	Class Name	Day of Week	\$30.00

Staying Fit: Exercise Classes Schedule and Descriptions (Fall Quarter, Oct-Dec)

To participate in these fitness classes you must buy either a:

Fitness Pass Subscription

or

Single Fitness Class Subscription

see previous page for registration information

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1:30 Line Dance Nanine Rhinelander	9:00 Strength Training (without weights) Strength Training (with weights) Nanette Tummers	12:15 Zumba Gold Rebecca Kennedy	9:00 Strength Training (without weights) Strength Training (with weights) Nanette Tummers	9:00 Zumba Gold Mary Ellen Brady	10:30 Yin Yang Yoga Joana Bragg
2:45 Floor Yoga Miyako Zeng	10:30 Morning Flow Yoga Joana Bragg	3:00 Meditation & Movement (M&M) Cain Yentzer	10:30 Morning Flow Yoga Joana Bragg	Green = Gentle Fitness Blue = Moderate Fitness Red = Active Fitness	
	1:30 Zumba Gold Mary Ellen Brady	4:30 SPARK! Nanette Tummers	1:00 Line Dance Mary Ann Williams		
		7:00 Yoga Nidra Joana Bragg			

Gentle Fitness

Meditation and Movement (M&M)

Meditation and Movement is a Tai-Chi inspired seated exercise class. The focus is on releasing tension in the body through slow movement and deep breathing.

Led by Cain Yentzer

Strength Training with Gentle Stretching

Join us for a strength training and gentle stretching class. (use of light weights is optional) Led by Nanette Tummers

Yin Yang Yoga

Brings together the benefits of passively holding yoga poses with more active dynamic sequences and standing postures; working on the muscles and blood flow, building strength, stamina and flexibility. Led by Joana Bragg

Yoga Nidra (aka yogic sleep)

Yoga Nidra helps induce a conscious meditative state between waking and sleeping. The practice reduces stress and improves sleep. You may lay on the floor, bed, or recliner. Key is comfort. Led by Joana Bragg

Moderate Fitness

Floor Yoga

Focus on alignment of the muscular and skeletal structures, along with breathing techniques using both held and moving postures. Modifications are offered. Led by Miyako Zeng

Morning Flow Yoga

Incorporating traditional & non-traditional yoga moves to energize & waken the body. These will include standing & sitting (on the floor) asanas (postures). Led by Joana Bragg

SPARK!

Strength training mixed with simple cardiovascular movement and stretching. Focus on how your body is designed to move. Functional fitness with the emphasis on fun! Using body weight and light hand held weights. Class is primarily standing and a chair for some activity. No floor up and down! Led by Nanette Tummers

Strength Training with Gentle Stretching

Using light weights join us for a strength training and gentle stretching class. Led by Nanette Tummers

Active Fitness

Line Dance

Improve your balance, get moving, and have fun!

Monday class led by Nanine Rhinelander

Thursday class led by Mary Anne Williams

Zumba Gold

Active cardio low impact dance moves and fun energizing music.

Tuesday class led by Mary Ellen Brady

Wednesday class led by Rebecca Kennedy

Friday class led by Mary Ellen Brady

As with any exercise activity, please do only what you are comfortable doing. It is fine to take a break and resume participating when you feel ready.